

The
**PRONOUN
BOOK**

SHE, HE, THEY, AND ME!

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Welcome to *The Pronoun Book*! I'm Ellie!

And I'm Casey.

And we're here to tell you
all about pronouns!





Pronouns are words we use in sentences to refer to the person who is talking, or to someone or something that is being talked about.

The most commonly used pronouns are she/her/hers and he/him/his. Here are some examples:



She's my foster sister.

That flag belongs to him.



SHE/HER/HERS

Her hair is purple.



SHE/HER/HERS



HE/HIM/HIS



Traditionally, she/her/hers has been used to refer to females and he/him/his has been used to refer to males.



When you are born, you are assigned "female" or "male" based on your biological sex, and people will refer to you with the pronouns that match your assigned gender at birth.



HE/HIM/HIS



SHE/HER/HERS



Pronouns are also used to refer to the gender a person identifies as.

Our

GENDER IDENTITY

is the gender we know
ourselves to be.

For most people, the sex they were
assigned at birth matches their
gender identity. This is called being

CISGENDER.





Hey, I'm Jamal, and I'm cisgender.
I was assigned male at birth and I
identify as male. My pronouns are

HE/HIM/HIS.

Hi, I'm Amy, and I'm a cisgender woman.
I was assigned female at birth and I
identify as female. My pronouns are

SHE/HER/HERS.



However, for some people, the sex they were assigned at birth does not match the gender they identify with. This is called being



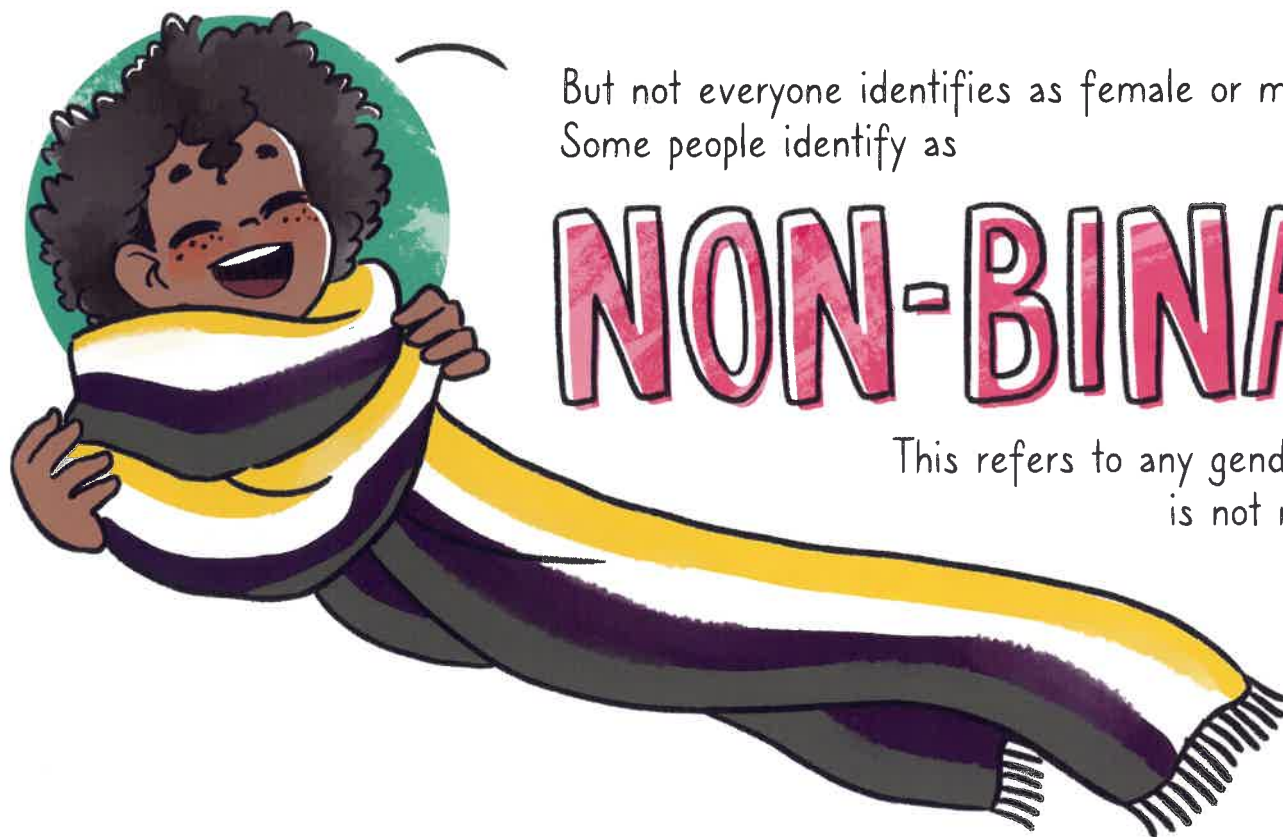
TRANSGENDER.

Hello, I'm Naomi. I was assigned male at birth, but I identify as female. My pronouns are she/her/hers and I am transgender.



Hi! I'm Alex, and I'm transgender. I was assigned female at birth, but I identify as male. My pronouns are he/him/his.





But not everyone identifies as female or male.
Some people identify as

NON-BINARY.

This refers to any gender identity that
is not male or female.

This includes **agender** people who don't identify with any gender; **bigender** people who identify as two or more genders either simultaneously or fluctuating between them; **genderqueer** people who identify as somewhere in between multiple genders; and **genderfluid** people who identify as different genders at different times. Non-binary people look just like anyone else, and you should never assume anyone's gender simply based on how they look.





People who identify as a non-binary gender often use **THEY/THEM/THEIRS** pronouns. Here are some examples:

"They are
my Dad."



"The dress
belongs to
them."



"Birthday cake is their
favorite cake!"



She/her/hers, he/him/his, and
they/them/theirs can be used by anyone.
If you identify as a non-binary gender, you
can also use she/her/hers and he/him/his.



Just like everyone has different names,
different people use different pronouns
to refer to themselves.



My name is Fatima, and my pronouns are she/her.

My name is José, and my pronouns are he/him.



My name is Rose, and my pronouns are they/them.



My name is Peter, and my pronouns are he/him and they/them.





Some people are also born

INTERSEX.

This is when someone is born with a body type that does not fit typical definitions of male and female.

Someone who is intersex might identify as female, male, or as a non-binary gender, and may consider themselves to be cisgender or transgender. An intersex person may wish to use gender pronouns other than she/her/hers and he/him/his, such as they/them/theirs or a

NEO-PRONOUN

such as ze/zir/zirs.



"Neo" means "new," but some experts believe that neo-pronouns have been used since 1858. That was a long time ago!



Some examples of neo-pronouns include *ey/em/eir*, *fae/faer/faers*, and *xe/xem/xyr*. Neo-pronouns are usually used by trans and intersex people, but they can be used by anyone! Because there are so many types of neo-pronouns, they can seem confusing at first, but you use them just like you would any other pronoun. For example, "Xe brushed xyr hair."



You don't always have to use the same pronouns. Some people experiment with different pronouns until they find the ones right for them, trying on pronouns the same way you'd try on clothes at the store to see if they fit.

Some people change their pronouns frequently, whereas other people never change their pronouns. You should always use the pronouns that are right for you.



Changing pronouns can be scary.
But no matter what pronouns you
use, those who matter most will
love and support you all the same.





Using the correct pronouns for someone is an important way of showing respect and kindness, so it's important to get it right! When you use the wrong pronouns to address someone, it is called **misgendering** and can be upsetting for that person.

If you mess up and call someone by the incorrect pronouns, don't worry! Simply apologize and correct yourself and try to get it right next time.



I really enjoyed Elliot's birthday party. He is so much fun!

No, not "he." Elliot uses she/her pronouns. She is so much fun!

Sorry, I forgot. Thank you for reminding me!





And if you meet someone new or forget
someone's pronouns, just ask!

Hello! My name
is Jacob.

Hi Jacob. Nice
to meet you. I'm LJ.
What pronouns do
you use?

I use he/him
pronouns. How
about you?

I use they/them
pronouns. Thanks
for asking.



There is a whole world of pronouns to explore.
The great thing about language is that it's always
changing and only limited by our imagination.
As a result, pronouns are only limited by our
imagination as well.



Thank you for reading *The Pronoun Book*!
We hope you've enjoyed yourself and
learned something new along the way.
Until next time, goodbye from them!

And goodbye from her!





TIPS AND RESOURCES FOR ADULTS

So, you're trying to teach kids in your life about pronouns. Congratulations! You've just made an important step toward building a more accepting and understanding future for our youth!

Teaching kids about pronouns can be a daunting task, but starting the conversation is the hardest part. I hope this book has made it a little easier. After reading this book, you and your little ones might have more questions. That's okay! Learning is a process for everyone that never ends, so it's natural not to have all the answers no matter what age you are!

In the end, the best thing you can do for your child is to set a good example. Here are some simple but effective ways you can model good pronoun and gender acceptance for the kids in your life:

- Make a point to ask for people's pronouns when you meet someone new.
- Avoid terms like "preferred pronouns." A person's correct pronouns are not "preferred"; they are mandatory!
- Encourage your child to ask questions, not make assumptions!
- Make sure you and your kids are practicing the correct pronouns for a person, even if you aren't in that person's presence. No one likes it if someone talks about them in a disrespectful manner behind their back.
- Remember: correct pronouns aren't a privilege; they are basic human decency! It isn't okay to misgender someone simply because they do something you don't agree with or to use misgendering as a punishment.
- Practice the difference between plural and singular "they." If a person uses they/them pronouns, it wouldn't be proper to say "themselves," because there is only one of them. Rather, you should say "themselves."
- If you accidentally misgender someone, don't make a scene or a big deal about it. This can be very tiring for people who are frequently misgendered. Simply apologize, correct yourself, and do better next time.
- Be your child's best ally. If another adult uses the wrong pronouns with your child, talk to them about it. Make sure your child's teachers, babysitters, and friends' parents know that disrespecting your child by using incorrect pronouns for them will not be tolerated.
- Challenge yourself to think differently by using terms such as "sibling" or "parent" instead of "brother/sister" or "mother/father."
- Keep learning and exploring! There is a world of constantly evolving resources out there to strengthen your skills. GLSEN and PFLAG are two great places to start!*

*GLSEN - glsen.org; PFLAG - pflag.org



PRONOUN CHART



| SUBJECT | OBJECT | POSSESSIVE | REFLECTIVE |
|---------|---------|------------|-----------------|
| He | Him | His | Himself |
| She | Her | Hers | Herself |
| They | Them | Theirs | Themselves |
| Xe | Xem | Xyr | Xyrself |
| Ze | Zir | Zir | Zirself |
| Fae | Faer | Faer | Faerself |
| Thon | Thon | Thons | Thonself |
| Ey | Em | Eir | Emself |
| Ae | Aer | Aer | Aerself |
| Ve | Ver/Vir | Vis | Verself/Virself |
| Per | Per | Per | Perself |
| Hu | Hum | Hus | Huself |
| E | Em | Eir | Emself |
| Zae | Zaem | Zaer | Zaemself |



GLOSSARY OF TERMS

Agender, adj.—denoting a person who does not identify with any particular gender.

Androgyne, n.—a person whose gender identity or gender expression does not fit neatly into one gender or another.

Bigender, adj.—denoting a person who identifies with two or more genders either simultaneously or fluctuating between them.

Cisgender, adj.—denoting a person who identifies with their assigned gender at birth.

Demiboy, n.—a person who identifies partially, but not completely, as a man, boy, or as masculine, regardless of their assigned gender at birth.

Demigender, adj.—denoting a person with a partial, but not full, connection with a particular gender or gender as a whole.

Demigirl, n.—a person who identifies partially, but not completely, as a woman, girl, or as feminine, regardless of their assigned gender at birth.

Enby, n.—a non-binary person.

Genderfluid, adj.—denoting a person whose gender identity is fluid and changes.

Genderflux, adj.—an umbrella term for gender identities in which a person's gender or the intensity of a person's gender fluctuates over time.

Gender Non-conforming, adj.—denoting a person, either cisgender or transgender, whose gender expression does not line up with the societal expectations of their assigned gender at birth.

Genderqueer, adj.—denoting a person who does not subscribe to traditional gender distinctions, but rather identifies with neither, both, or a mixture of male and female identities.

Intersex, adj.—denoting someone who is born with a body not easily identifiable as male or female. This is due to any of several variations in sex characteristics such as chromosomes, gonads, sex hormones, or genitals.

Multigender, adj.—denoting a person who experiences more than one gender identity.

Neutrois, adj.—denoting someone who identifies as a "neutral" or "null" gender.

Pangender, adj.—denoting a person who is not limited to one gender identity and who may experience all genders at once.

Third Gender, adj.—denoting a person who is categorized as neither male nor female, but as another gender entirely.


Trans, adj. (see also: Transgender)—denoting a person who does not identify with their assigned gender at birth.

Transfeminine, adj.—denoting a person who was assigned male at birth but identifies as feminine.

Transgender, adj. (see also: Trans)—denoting a person who does not identify with their assigned gender at birth.

Transmasculine, adj.—denoting a person who was assigned female at birth but identifies as masculine.

Two Spirit, adj.—a gender identity specific to Indigenous North Americans, which denotes that a person fulfills a traditional third gender role for their cultures.



SAMPLE LETTER FOR PARENTS OF KIDS GOING TO SCHOOL

Dear [teacher's name],

Hello! My name is [your name], and my child
[child's name] will be in your class this year.
[Child's name] and I are both very excited to meet
you and learn with you!

I am reaching out to inform you that my child uses
they/them pronouns, and we ask that you respect this
in your classroom. When referring to them, please
refrain from calling them he or she.

If you have any questions, please feel free to ask!
You can reach me at [e-mail address] or
[phone number].

Thank you!

[Your name]



SAMPLE NOTE FOR FRIENDS' PARENTS

Dear [name],

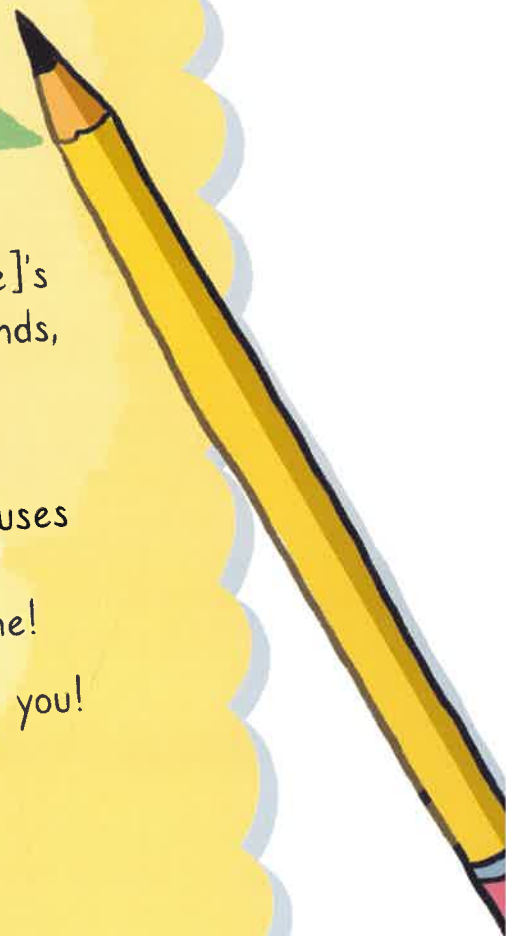
Hello! My name is [your name], and I am [Child's name]'s parent. I'm so happy that our children have become friends, and I look forward to getting to know you better!

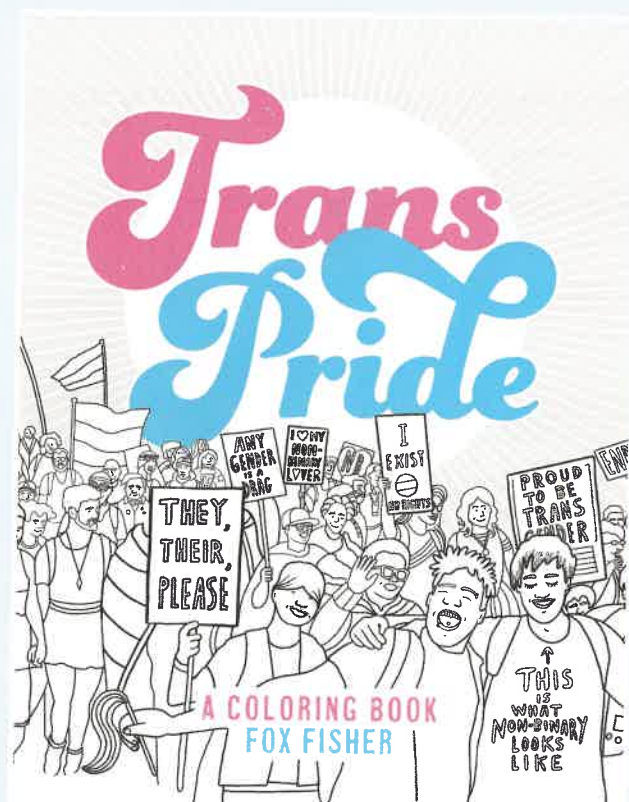
Since our children are embarking on new adventures together, I wanted to let you know that [child's name] uses they/them pronouns. Please respect them by using the correct pronouns and teaching your child to do the same!

If you have any questions, I'd love to answer them for you! Please feel free to email me at [e-mail address] or call me at [phone number].

Thank you!

[Your name]





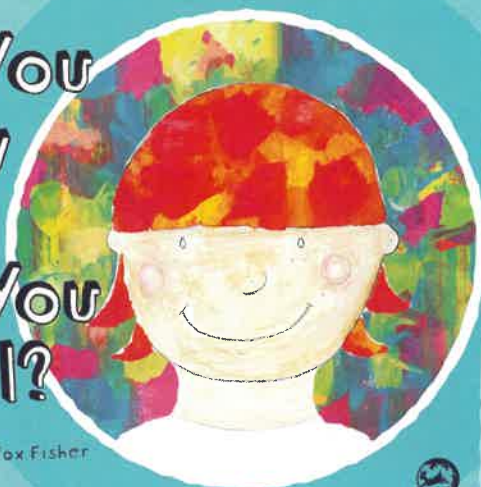
TRANS PRIDE

A Coloring Book
Fox Fisher

A fun, humorous, and beautifully illustrated coloring book celebrating the diversity and joy of trans lives. Includes over 50 individual designs to help children explore their creative expression and gender identity. The perfect gift for any child.

ISBN 978 1 78775 822 3 | eISBN 978 1 78775 823 0

Are You
a Boy
or
Are You
a Girl?



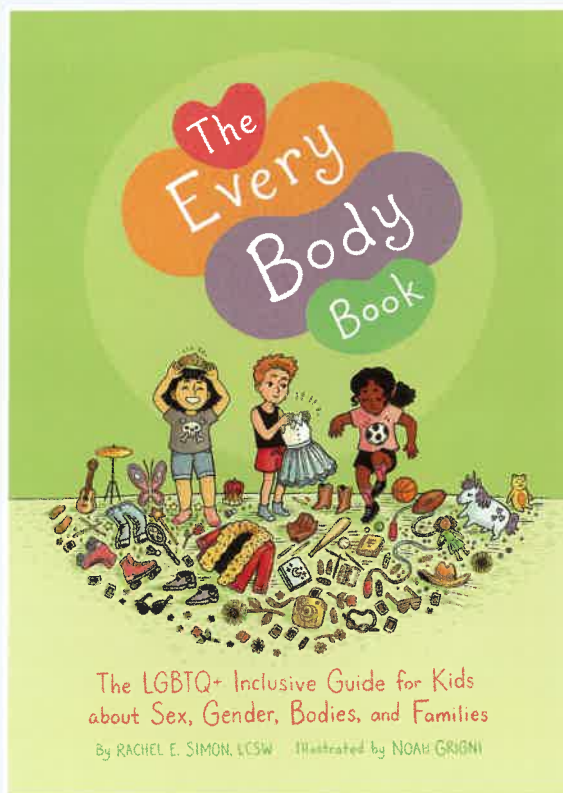
Sarah Savage + Fox Fisher

ARE YOU A BOY OR ARE YOU A GIRL?

Sarah Savage and Fox Fisher
Illustrated by Fox Fisher

Tiny prefers not to tell other children whether they are a boy or girl. Tiny also loves to play fancy dress, sometimes as a fairy and sometimes as a knight in shining armor. Tiny's family doesn't seem to mind, but when they start a new school some of their new classmates struggle to understand.

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THE EVERY BODY BOOK

The LGBTQ+ Inclusive Guide for Kids
about Sex, Gender, Bodies, and Families

Rachel E. Simon, LCSW

Illustrated by Noah Grigni

An illustrated LGBTQ+ inclusive kid's guide to sex, gender, and relationships education that includes children and families of all genders and sexual orientations, covering puberty, hormones, consent, sex, pregnancy, and safety.

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A HOUSE FOR EVERYONE

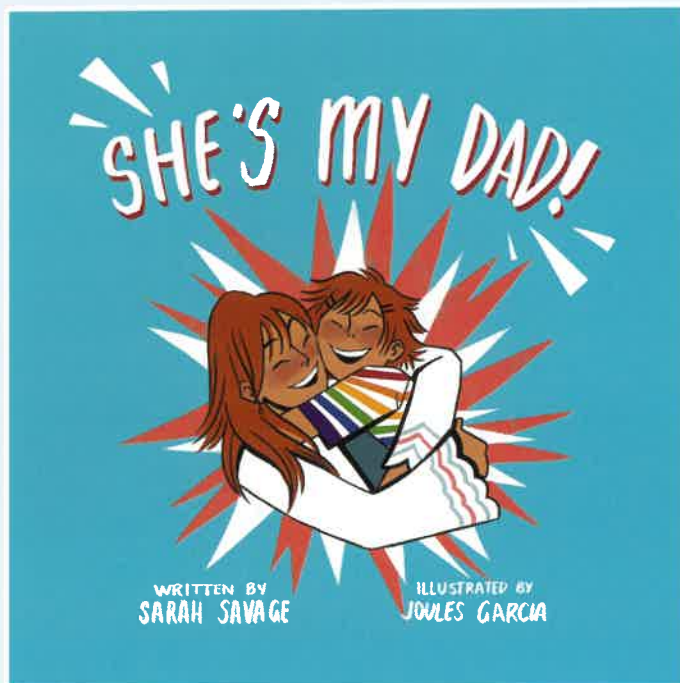
A Story to Help Children Learn about
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Jo Hirst

Illustrated by Naomi Bardoff

This children's picture book helps adults to explain gender identity and expression to 4–8-year-olds using simple language and engaging, diverse characters, covering the entire spectrum of gender. Includes a guide for parents and professionals, and a lesson plan.

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SHE'S MY DAD!

A Story for Children Who Have
a Transgender Parent or Relative
Sarah Savage

Illustrated by Joules Garcia

An illustrated picture book for kids age 3–7, telling the story of Mini and her dad Haley, a transgender woman. Mini explains why misgendering is damaging and emphasizes the need to treat trans people with respect.

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HE'S MY MOM!

A Story for Children Who Have
a Transgender Parent or Relative
Sarah Savage

Illustrated by Joules Garcia

An illustrated picture book for kids age 3–7, telling the story of Benjamin and his mom, David. Benjamin speaks about pronouns, transitioning, misgendering, family diversity, and dysphoria, and emphasizes why we need to treat trans people with respect.

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